

# For the Young Men and Boys of Our City

The Young Men's Christian association is the creation of our generous citizens and now with the proposed building rapidly under way, it approaches the time when it will be a much more competent servant in its large and important field of usefulness.

The building at the corner of State and First South streets is a model in usefulness, as shown by the accompanying cuts. Much favorable criticism has been received from experienced workers in the Y. M. C. A. on the arrangement and provisions.

Wise economy prevails in the expenditure of all the funds, which is at the order of the board of directors, and by check countersigned by a director designated for that purpose and by the general secretary in addition to the treasurer's signature. The details of construction have been delegated to a building committee composed of Samuel Merrill, C. P. Overfield, F. B. Stephens, S. B. Tuttle and Oscar L. Cox. In the building of it is the committee found that a saving of \$200 could be made by substituting brick for stone on the first story. This was very promptly done and the saving made on the masonry contract, which has been let to Messrs. Engelbahl & Rudeen for \$26,175, and includes all wall footings, excavations, etc., and the swimming pool.

Reinforced concrete floors are to be used throughout and the building made fire-proof, so that those whose philanthropic gifts have made the building possible need not fear its loss from fire. The policy of the management seems to be to secure the most serviceable and durable building possible at the minimum cost attainable without sacrifice of essentials, and also to incur little or no debt. Interest charges would consume funds needed for the extension and betterment of the work in other directions. For this purpose \$40,000 additional is needed and at an early date the matter will be called to the attention of the large numbers who have not already subscribed. Mr. S. V. Shelp, who so ably captained the effort the past season, will continue as chairman of the

way, and that leading from the dressing-rooms, breaks the entire floor.

## RUNNING TRACK.

A patent concave running track suspended ten feet from the floor will be entirely new to this State. The concave track is covered with one and one-half inches of padded felt and is built at such an angle that the runner's ankles are always straight regardless of his speed. The gallery of this track can also be seated to provide for 500 spectators at athletic games and contests on the floor below.

## LOCKER AND DRESSING-ROOMS.

Well ventilated and commodious locker-rooms—three of them—the main one where 600 young men may be accommodated—a smaller one for boys under 18 years of age and a still smaller one for business men. Each of these has room for dressing and such a complete set of

## SHOWER BATHS.

Some twenty different baths, all of the most approved design and supplied with hot and cold water at all hours, will be at once a luxury and a necessity. A steam bath is added in the business men's club.

## THE SWIMMING POOL.

Sixty feet long, twenty feet wide and from four to eight feet deep and tile lined. The pool lies directly between the locker-rooms and baths and is accessible to each of the three. For sport and pleasure and genuine exercise few things equal a swim. Special classes for beginners will be held under the instruction of the physical director or an assistant.

## HANDBALL COURT.

The handball court is a delight to the lovers of the game, and there are many. Four solid walls overhead, light and good ventilation, with a special gallery for spectators leaves little to be desired.

## THE PHYSICAL DIRECTOR.

Correspondence is already being carried on with a view to engaging the best of talent to supervise this splendid equipment and instruct the classes.

## HIS OFFICE.

will also be something new in Utah in its equipment. The latest and most approved anthropometric and dynamic

## Ninety Thousand Dollar Young Men's Christian Association Building in Course of Erection at the Corner of State and First South Streets



Y. M. C. A. Building, Showing the Main Entrance on State Street.

## OFFICERS AND DIRECTORS.

FRANK B. STEPHENS, Pres.  
WILLIAM H. TIBBALS, Vice-Pres.  
S. B. TUTTLE, Recording Secy.  
DR. E. V. SILVER, Treas.  
Frank Pierce, S. B. Wood.  
F. A. Timby, O. A. Honnold.  
James E. Paine, C. P. Overfield.  
Dr. C. G. Plummer, Samuel Merrill.  
L. C. Miller.

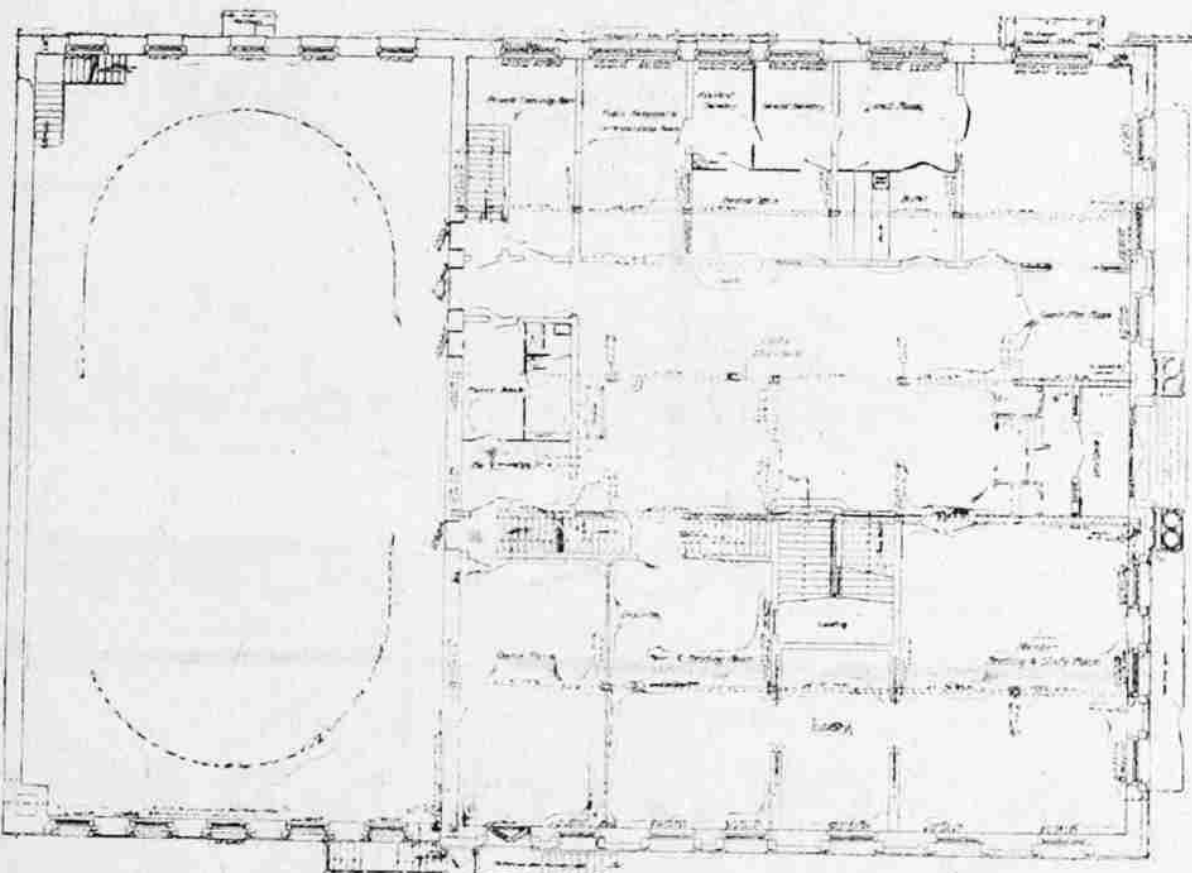
OSCAR L. COX, General Secretary.

The Salt Lake City Young Men's Christian association is primarily an organization of the young men and boys of Salt Lake City, that those privileges may be provided and those associations secured which tend to the high development of intellectual, spiritual, physical and social manhood and ability.

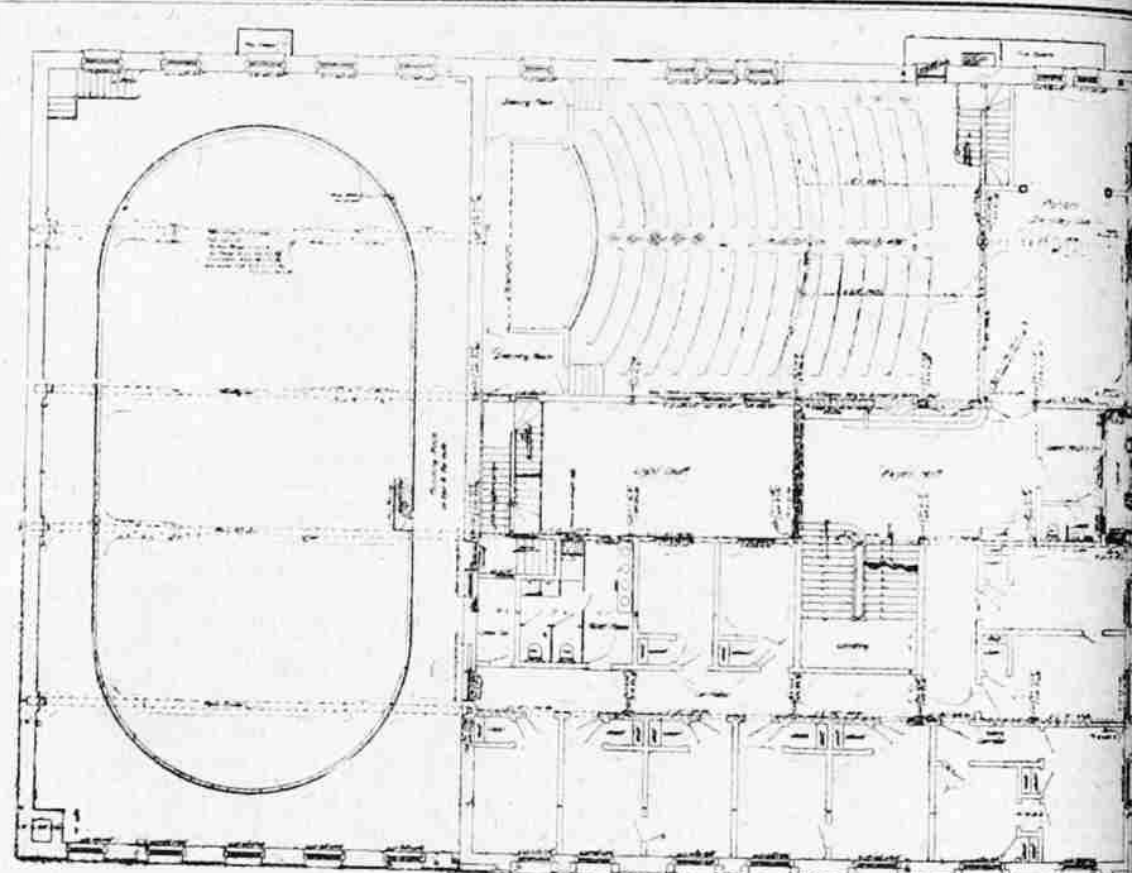
Some of the departments of the work exists for or as a feeder for others. Neither can any do its best work without the others. Thus members may participate in any or all, as they may choose.

Because of the immensity and importance of the undertaking, the counsel, co-operation and support of all who desire the results aimed for is most earnestly solicited. The success of the work depends very largely upon the measure in which these shall be given. The cordial generosity of the citizens of Salt Lake City receives the heartiest appreciation of the entire management. This it is proposed to show by the most economical and aggressive policy, which can but yield the results for which we all jointly hope and labor.

OSCAR L. COX,  
General Secretary.



Main Floor, Showing Offices, Game Rooms, Assembly Hall and Swimming Pool.



Second Floor, Showing Auditorium and Parlors.

finance committee and judging from the hearty response from those to whom the matter has been presented the success of the canvass should be certain.

The total cost of the ground and building is estimated at \$125,000. This is a large sum, though not when considered in comparison with what many other cities are doing nor with the greatness of the need.

Over \$24,000,000 have been given to the Young Men's Christian associations of North America for permanent equipment since they were organized in 1851. The cost of the new buildings opened last year was nearly \$4,000,000. A new association house is being opened each week, costing from a few thousand dollars to \$50,000 each. Many have been erected as "memorial buildings."

The Salt Lake City Young Men's Christian association stands as the agent for all those desiring the betterment of the young men and boys of the city and that opportunities for their self help shall be provided. Its work amply justifies the best of equipment and the large outlay necessary.

The late William E. Dodge of New York, for thirty-five years a careful student of the association, gave during his life time more than \$200,000 to the Y. M. C. A. He said just before his death:

"After careful study and experience of more than thirty years, I feel assured that what I have been able to give to association work has been on the whole the best investment I ever made. I have followed the careers of hosts of young men in all sections of the country, whose characters were formed, whose habits of unselfish and wise Christian usefulness were developed, and who have become citizens of high standing and influence through the educating and developing power of their connection with the Young Men's Christian association. The best use we can put money to is to develop manhood and character."

## A COMPLETE ATHLETIC CLUB.

Salt Lake City has never had a modern place for the development of the body or for physical culture. This can be no longer said after the new Y. M. C. A. building is completed. The association's physical department has been most carefully and comprehensively planned.

## THE GYMNASIUM.

The gymnasium is of course the most important of all the provisions to be made. And it is far from disappointing. 48½ feet wide and 88 feet long in the clear and with a ceiling 24 feet above the floor—abundant light and ventilation, select hard maple floor, are all qualifications of the highest kind. Great care has been taken that the floor space shall not be encroached upon by stairways, offices, etc., only one stair-

apparatus will be installed with which the instructor can at once familiarize himself with the strong and weak points of each of the many attending the gymnasium. This is given a chart indicating his needs and his excellencies that he may exercise with safety and the greatest benefit. A second examination in six months will give the gain or loss if such there should be. You take your exercise intelligently and can determine its results. The office is well located, being available from the gymnasium, the main lobby and also the boys' department.

## PURPOSE.

"A Young Men's Christian association physical department is for the purpose of furnishing opportunity for the development of strong normal bodies in which men may live long, actively and well." It has been most aptly called "body building."

## SPECIAL CLUBROOM FOR BOYS.

Salt Lake City needs to have something done which will turn the play habits of the boys into helpful channels. "Boys will be boys," and ought to be, but it does not follow that in their formative years they should not be protected from vice, and industrious manliness made a habit of life. The self sacrifice and devotion of many a mother reaps small harvest through the noxious habits and associations formed during the "street" hours of the son. A boys' club is demanded in Salt Lake City. The Young Men's Christian association is conducting with remarkable success in many cities just such a work for boys as we need here, and when the building is done will have large and commodious quarters devoted entirely to the boys' club, thus undertaking in a large and experienced way to meet this great local need.

A trained secretary for this work will give it his entire time. Small clubs for the pursuit of the different likes of the boys will be organized, ranging in purpose from the study of the Bible to summer camping expeditions, or the study of electricity. An illustrated prospectus of this department will be issued and may be secured free at the association's office, 11 East First South.

Experience has shown that the organization of boys for helpful activities is the secret of success in the formation of boys' clubs. Boys will be active, energetic and industrious which makes the hoodlum are of splendid service in developing manhood. The boys' department of the Salt Lake City Young Men's Christian association will be devoted to the development and en-

couragement of the normal boy, but will be neither a hothouse nor a reformatory. It is cheaper in time and effort to form than to reform, and vastly better and greater success are to be expected.

Boys members will be divided into the groups according to age and ability. Those from 10 to 12 years coming to gymnasium classes only, those 12 to 15 years having this privilege and using the boys' clubrooms and night school at stated hours, while those 15 to 18 years will have all the privileges of the boys' department. At 18 they may be

transferred to the main association. All boys will also have swimming lessons and contests at stated hours.

When asked for the association's reasons for undertaking night school work, the association's general secretary replied:

"Because the young men of Salt Lake City need a night school. Every day I have inquiries, even though it is supposed to be generally known that the association's quarters are closed for this season. I can point you in this city to numbers of young men whose ability to hold their present positions

was cultivated in Y. M. C. A. night schools. The same is also true of some of the most influential men in the country at large.

"The fellow who does work can get his schooling free. Some provision ought to be made for the five times greater number who do. A boy or young man who will work all day and study at night is the most valuable asset of any community, and ought to be developed for the good of society, to say nothing of his own interests."

"Night schools won't run alone. They

Col. H. Weinstock's Estimate.

The most valuable asset that a business man can have, next to his own character and ability, is his organization—given a proper organization and there is scarcely a limit to his possibilities. I know this not only from observation, but from actual experience. When the great fire of 1872 swept out of existence the entire business quarter of Chicago and left a mass of charred ruins, it seemed to some that it could never recover its proud commercial position. But such as shall Fildes and John B. Farwells and Potter Palmers, and the army of other men of Chicago, young, clear, strong, energetic, and full of faith and hope, to whom disaster meant but a temporary check, and tended only to bring out in bolder relief their remarkable creative powers that have made Chicago one of the world's great wonders.

No business can be greater than the men who control it, no community can grow beyond the ability of its men to make it grow, and no men have greater influence today in all the avenues of activity than the young men. The twentieth century is to be a young man's century, and we who have largely in our power the coloring of the career of tomorrow, are freighted with the responsibility of saying largely what sort of a century the twentieth shall be.

Factories for the making of shoes and hats and ploughs are of value of great value to the State and Nation, but character factories are of far higher value. If the Young Men's Christian association is anything it is a character factory where raw, crude and undeveloped material in the way of character is often taken and developed, refined, and sent forth to serve a high and useful purpose. Few of us who have not been young men in strange cities, without kind or kin, without home or friends, can appreciate the keen temptations that surround young men. Every attraction that can allure the eye, or tempt the senses or the passions, are played upon by panders and by those who live upon the frailties of human nature, especially of the young.

The Y. M. C. A. yearbook for North America, issued May 1, 1902, gives some very interesting figures.

Associations exist, 175; memberships, 280,435; members on committees, 46,303; total net property of associations, \$28,872,886; pledged for additional improvements, \$2,449,137; paid for operating expenses, \$4,082,366; young men and boys in night schools, 2,650; young men and boys in gymnasium classes, 12,113; average daily attendance at buildings, 18,000.

demand other features of our work to be successful. The gymnasium, swimming pool and social rooms and games are mainly responsible for the fact that association night schools have four times the percentage of attendance secured by others. We could do this work for the community cheaper also. The same supervisor already employed, the same building and site, in fact, the saving of the department store idea. The great convenience to busy young men is also a great factor. Their diversified activities all find expression under the same roof, and when desired in the same evening."

Large rooms are being especially prepared for the educational classes demanded by the business of the city will begin with the building. Mr. H. W. Weinstock, general secretary at Portland, Ore., our Y. M. C. A., had no equipment building was provided. We have 700 boys and young men in school and a membership of over 200,000. We have a waiting list in educational classes.

In addition to the regular classes efforts are being made to secure for fitting up an industrial school which apprentices may take courses preparatory for their

## WANAMAKER'S OPINION

Best Investment He Ever Made--A Building of Greatest Assistance--A Philadelphia Which Will Find Its Duplicate Here.

I was president of the Young Men's Christian association of Philadelphia when the present building was erected. I then took the ground that its importance warranted the selection of the center of the city, though property at that point was expensive, as it was within a block and a half of the new City hall.

It was a great struggle to raise the money, but each person who gave one dollar at that time for the building and ground—now paid for—actually gave two dollars; a thousand dollars have become two thousand dollars; and the one hundred thousand dollars that I had the privilege of giving is practically two hundred thousand dollars, because the property can be sold for a million dollars.

I believe the association, after it had planted itself in stone on a prominent corner of a principal street, claims the respect of the citizens, and when the proper management came to it, wielded a larger influence in the city because of the expression of wisdom,

courage and permanence that the building gave.

I started to say, however, that a great many investments that disappointed me. I have tried to exercise good judgment about the future of time and money, but Christian association work has disappointed me, and I have no investment in religious work that of which the Christian association is not a part.

If I had my life to go over again would not put less money or less in the Young Men's Christian association work, but I would put double what I have done.

I have had the great pleasure at Calcutta, India, when John Wanamaker was visiting and speaking there, at his suggestion, by the good will of J. Campbell White, I secured the privilege of erecting a building for the Christian association in Calcutta, the management of the new Young Men's Christian association in Calcutta, whereby the boys and youth of the city have their own quarters of their own. It is singularly interesting to

ing gave.

## QUIT COFFEE.

Said the Great German Specialist.

It disappoints some people to find that coffee causes the disease. But best to look squarely at facts and the face towards health for that rather than anything else anyhow. A chemist man consulted a Berlin physician on nervous diseases and says:

"Four years ago I was a habit coffee drinker, having used it for years and being naturally of a nervous temperament I became almost a nervous wreck, greatly suffering from insomnia almost constantly constipated weighing only 128 pounds."

"I consulted physicians and took medicine all the time but had no result. About three years and a half ago I crossed and while in Berlin became acquainted with a great physician, Prof. Meidell, an authority on nervous troubles. I resolved to consult him."

"Prof. Meidell surprised me much by asking at once if I was a coffee drinker, and on my telling him I used it three times a day, he said: 'It is poison.' After carefully examining me he told me there was nothing matter with me whatever but that I could be entirely cured in three days by letting coffee and other stimulants and dieting."

"I had a hard time following his advice. I did not know what to do. I came home and told my wife, and some Postum. We tried it but it did not like it, then we went over directions on the package together. I found we had not boiled it long enough. That was the beginning of my trouble, for the Postum was cloudy after that and I drank it regularly and it helped from the start."

"In a very short time I began to feel much better and in the last three hours on account of ill health, for health is fine now. I have a good sleep, well and weigh 175 pounds. Name given by Postum Co., Portland, Me."

"Any nervous person who drinks coffee will feel better from ten days' use Postum in place of coffee. Trial proves this. There's a reason."

"Look in each package for a copy of the famous little book, 'The Road to Wellville.'"

Basement Floor Extending Under the Entire Building.